

## Exam 2025

In total 60min and 60 points.

Maybe the order of the questions is not correct.

- 1.) Distinguish Wakefulness, SWS and REM (fill out table).
  - a.) Electrophysiology (3 points)
  - b.) Neuromodulation (3)
- 2.) Name 4 functions of sleep and empirical evidence to proof it. (8)
- 3.) How do the periodic and aperiodic components of the EEG look like in the power spectrum? (2)
- 4.) What is the function of Orexin? (2)
- 5.) Describe the pathway of how the light influences the whole body. (4)
- 6.) Is sleep global or local, give reason. (3)
- 7.) Three main differences between owls and larks. (3)
- 8.) Why did Pappenheim think that there is an “Factor S”? (2)
- 9.) Give an experiment that tears up sleep and the circadian rhythm from the cognitive performance? (5) → Psychomotor Vigilance Task
- 10.) How does sleep and sleep loss influence body weight? (4)
- 11.) Why do dolphins not drown when they sleep? (1)
- 12.) 5 increased risks of shift work (5)
- 13.) 3 modules of CBT-I (3)
- 14.) 4 putative functions of dreaming (4)
- 15.) What do you know about the REM sleeping behaviour disorder (apart from taking place during REM sleep)? (4)
- 16.) How much should the average humans sleep and give reasoning. (4)